

## **ABSTRACT**

An apparatus and method of using directed and isolated vibrations for awakening,  
5 alerting, or massaging a designated person situated on a support medium without  
disturbing another person in the vicinity. The vibrations from the vibrating mechanism are  
dampened by suitable material located between the vibration mechanism and the support  
medium. The vibrating device of the invention can be activated by various predetermined  
conditions such as time, safety or burglar alarms and the like. It may also be used as a  
10 selective massaging device which can deliver a massage to the user without disturbing  
another person situated on the same support medium.